

Statistics Report 35134, Corn, dried (Navajo)

Report Date: July 16, 2017 13:37 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-------------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Proximates | | | | | | | | | | | | | |
| Water 1 | g | 8.10 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Energy | kcal | 386 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| Energy | kJ | 1616 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| Protein 1 | g | 9.88 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Total lipid (fat) 1 | g | 5.22 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Ash 1 | g | 1.86 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Carbohydrate, by difference | g | 74.93 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| Sugars, total 1 | g | 5.38 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Sucrose 1 | g | 3.38 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |

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| Glucose (dextrose) 1 | g | 1.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Fructose 1 | g | 0.99 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Lactose 1 | g | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Maltose 1 | g | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Galactose 1 | g | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Starch 1 | g | 48.18 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca 1 | mg | 15 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Iron, Fe 1 | mg | 1.92 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Magnesium, Mg 1 | mg | 124 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Phosphorus, P 1 | mg | 337 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |

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| Potassium, K 1 | mg | 511 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Sodium, Na 1 | mg | 13 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Zinc, Zn 1 | mg | 3.05 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Copper, Cu 1 | mg | 0.195 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Manganese, Mn 1 | mg | 0.848 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid 1 | mg | 0.0 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Thiamin 1 | mg | 0.200 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Riboflavin 1 | mg | 0.068 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Niacin 1 | mg | 3.300 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Pantothenic acid 1 | mg | 0.380 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |

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| Vitamin B-6 1 | mg | 0.372 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Folate, total 1 | µg | 77 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Folate, food | µg | 77 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Vitamin E (alpha-tocopherol) 1 | mg | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Tocopherol, beta 1 | mg | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Tocopherol, gamma 1 | mg | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Tocopherol, delta 1 | mg | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Vitamin K (phylloquinone) 1 | µg | 0.9 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.820 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| 8:0 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |

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|------------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| 10:0 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 12:0 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 14:0 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 15:0 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 16:0 1 | g | 0.655 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 17:0 1 | g | 0.005 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 18:0 1 | g | 0.122 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 20:0 1 | g | 0.028 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 22:0 1 | g | 0.010 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Fatty acids, total monounsaturated | g | 1.483 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |

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| 14:1 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 15:1 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 16:1 undifferentiated 1 | g | 0.007 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 17:1 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 18:1 undifferentiated 1 | g | 1.458 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 20:1 1 | g | 0.018 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Fatty acids, total polyunsaturated | g | 1.900 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| 18:2 undifferentiated 1 | g | 1.831 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 18:3 undifferentiated 1 | g | 0.069 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 18:3 n-3 c,c,c (ALA) 1 | g | 0.069 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |

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| 18:3 n-6 c,c,c 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 20:2 n-6 c,c 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 20:3 undifferentiated 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 20:4 undifferentiated 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD